

## LemonBaked Fish40

Number of Servings: 40 (139.16 g per serving)

Amount	Measure	Ingredient
11.00	lb	Fish, pollock, Atlantic, fillet, raw
3 1/2	tsp	Seasoning, lemon pepper
5 1/4	ea	Lemon, w/peel, w/o seeds, fresh

### Nutrients per serving

Nutrition Facts			
Serving Size (139g)			
Servings Per Container			
Amount Per Serving			
Calories 120		Calories from Fat 10	
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	90mg		30%
Sodium	135mg		6%
Total Carbohydrate	2g		1%
Dietary Fiber	1g		4%
Sugars	0g		
Protein 24g			
Vitamin A 2%		Vitamin C 20%	
Calcium 8%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Notes

Fish of choice may be used depending upon availability, price and likes of customers.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Arrange 4 oz fish fillets on sprayed baking sheets and sprinkle with lemon pepper.

Bake at 375 degrees F for approximately 10 minutes for each inch of thickness, or until fish flakes easily when tested with a fork at the thickest part and internal temperature is at least 155 degrees for 15 seconds. Serve at 160 degrees F or hotter.

Serve each fish fillet with a fresh lemon slice or lemon wedge. Cut each lemon in 8 slices or wedges.

1 serving = 1 fillet and 1 lemon slice or wedge = 0 CS